Somebody please browse eyestrain + read this!

To whom it may concern,

I just finished reading Dr. Monroe's book - it was an answer to a prayer - Some, but not all, of his experiences are similar to ones I've been having for a little over a year - It's such a relief to know that I'm not alone + that finally there's someone I can tell - I don't know where to start - I'm an ex-model + housewife, 36 years old + have been very depressed lately because I thought I was having seizures (because of the vibrations) I feel like maybe I've been experimented with + abandoned - I feel like I've been put on hold in my life - So many things happened to me + I can't find a place to put them - I'm hoping someone at the Institute can help me understand what is happening.

It all started last year January 2. I was having my 19th nervous breakdown to make a long story short - I looked up + near the ceiling of my bedroom were 3 violet blue globes approx. the size of volley balls - Thinking this was the big "it", madness, had finally arrived + I figured my brain

was coming unraveled so I squeezed my eyes shut & hoped that when I opened them the globes would be gone. Well, they were + in their place were some kind of filmy, vaporish white mists swirling + twirling ALL over the room. The walls were glowing bright gold + sometimes seemed to go away. The feelings I had at the time were relief + hope. I felt love from the "mists" + somehow I felt they were doing something to me. I was spell bound & couldn't move. All I could think was whatever or whoever you are please don't go away. This happened around 10:30 at night. The last thing I remember is watching the mists swirling over me + the bed. I was sitting up against the headboard. When I awoke or came to (because I don't remember [redacted] going to sleep) I was still sitting up. It was 7 in the morning + I felt great. Sometime after that experience I discovered I was able to see things out of the corners of my eyes. ONCE while watching T.V. I saw a black form (shape) going past me on the left side. I got up to investigate, nothing there, I sat back

down + like A flash, A black streak went streaking across in front of me with A bright white streak right behind it. This happened once again + then they both went out through the wall (white streak still pursuing black streak) This is so hard to describe I hope someone there will have heard something similar before + know what I mean. Once A form of half A human appeared beside me on the bed. When I ~~panicked~~ panicked it went away. That happened only once. But every night when I turn out the light I see tunnels of multicolored lights + multi ~~colored~~ colored shapes, triangles, spirals etc, floating all around me. Sometimes I feel like I'm looking on the inside of my own head + so now I mostly sleep with A light on. If I look at An object for A while it begins to glow around the edges. Once everything began to change in front of my eyes. like the very atoms + molecules were rearranging. the room turned blue + I felt myself going somewhere or being pulled out of my body. I was terrified, it stopped then. Many times, usually when I'm awake, pale lights sort of play around the walls.

In my bed room in the right hand corner is a [redacted] pole revolving light. I had almost outgrown my fear of it until one night my mother by accident started into my room instead of the bathroom + the light flashed up a bright orange - It was then that I felt I was being watched, monitored, protected, I don't know what, I began praying after the 1st incident of the mists because, I forgot to include this. About a month after the 1st mists I discovered I was healed of an incurable disease I had had for about 5 years. I went along like this with the belief that I was healed by the mists who must have been angels. the black form was something evil + the white streak a guarding angel. Now I'm not sure anymore I feel really depressed - why me + my disease + not some child who is ill? What are all of these strange lights, etc. that I see? I sometimes feel like I was a guinea pig + maybe I was healed because so far I have been an extremely intresting guinea pig + "they" don't want to lose me - I don't know. I have tried to go on with my life but I can't. It was too big a thing + now I can't see anything

the way I used to. Maybe you can send me some literature or if you know someone who has had an experience like mine perhaps they would get in touch with me. It would be nice to know I could discuss it with another human being. As far as out of body travel, after reading the book, I know that I've been doing that in my sleep ever since I was a kid. I have never done it while awake & wish that I could. So far it hasn't happened. Once, after going to sleep, I dreamed I was floating around the ceiling of my living room & could look down in the aquarium. I found I could control my movement & decided to go out through the door at curtain level. Two loud electronic beeps halted me & I woke up in bed sitting up on my elbow. I felt that I had been prevented from going wherever it was I was going. So that experience & then reading the book, I feel that I'm being controlled.

Well, I just don't know anything anymore. I've prayed about it & no answer seems to come. I don't want to be a mad mystic wandering the

streets. I want a normal life + I don't know how anymore. I have read this over + it sounds like the ravings of a real whacko so don't be upset I'm not giving you my real name. After reading the book I got a little paranoid about the part of this being organized, like maybe someone might decide to kidnap me + use me somehow. Well, you can't blame me. Ok maybe somebody is preventing me from going forward with my experience. Your people are the only hope I've found. If I had enough money I would fly up but I can't so please let me hear from you. I have left out some things as they are just too difficult to write down. The vibrations started about a month ago but stops there. I'm not a scientist @ or anything. I have a high school education + I do read a lot. I don't understand why it happened to me. What am I supposed to do? I have had a most unusual life though. Maybe things would pick up for me if I had some moral support. I'm just rambling on here

Write me soon. I wrote this on my proper writing paper with mistakes + all because I wanted it to mean more to you. Sincerely yours, J. Salem